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a target value setting means for setting the information received by the receiving means as the target value for calorie expenditure.

15. A calorie expenditure measuring device according to claim **10**, further comprising:

a rate of change calculating means for reading out the calorie expenditure calculated earlier in the previous time interval from the first storing means, and determining the rate of change showing how the calorie expenditure calculated currently has changed from the read out calorie expenditure; and

a seventh notifying means for notifying the subject based on the rate of change determined by the rate of change calculating means.

16. A calorie expenditure measuring device according to claim **15**, further comprising:

a third storing means for storing the rate of change obtained by the rate of the change calculating means at fixed time intervals; and

an eighth notifying means for notifying the subject of the change over time in the rate of change, based on the stored results of the third storing means.

17. A calorie expenditure measuring device according to claim **15**, further comprising:

a second target value storing means for storing in advance the rate of change in calorie expenditure as a target value;

a third comparing means for comparing the rate of change from the second target value storing means and the rate of change from the rate of change calculating means; and

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a ninth notifying means for notifying the subject of the result of the comparison by the third comparing means.

18. A calorie expenditure measuring device according to claim **17**, further comprising:

a receiving means for receiving information set in an external device;

a second target value setting means for setting the information received by the receiving means as the rate of change in calorie expenditure which is to be the target value in the second target value storing means.

19. A calorie expenditure measuring device according to claim **10**, further comprising:

a transmitting means for transmitting information with an external device, which transmits to the external device at least one from among the calorie expenditure in a fixed interval of time stored in first storing means, the calorie expenditure summed by the summing means, or the rate of change in the calorie expenditure stored in the third storing means.

20. A calorie expenditure measuring device according to claim **19**, further comprising:

a fourth storing means for storing in a time series at least one from among the body temperature detected by the body temperature detecting means, the pulse rate measured by the pulse rate measuring means, or the body motion detected by the body motion detection means; and

a transmission means for sending the stored results of the fourth storing means to an external device.

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